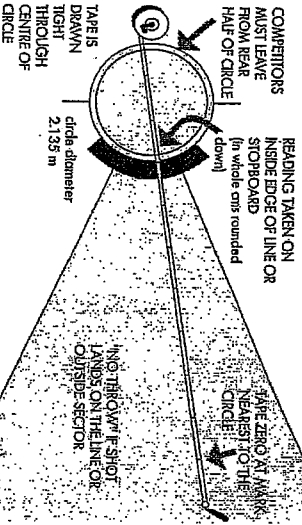


SHOT PUT



New Zealand Athletics Association
Athletic Association Inc.

Colgate



IMPORTANT RULES

1. The shot must be put from the shoulder with one hand.
2. The shot must remain close to the shin or neck right through the action.
3. The action of putting must start from a stationary position.
4. The thrower must not touch the ground outside the circle. The top of the stopboard or circle rim may not be touched.
5. The thrower must leave the circle from the rear half, but only after the shot has landed.



SAMPLE SCORE SHEET

A	717	724	X	810
B	660	671	650	714
C	724	715	712	810
D	717	724	732	810

(2nd and 3rd decided on second best throws)
X = Foul / No Throw

NZCAA WEIGHTS

1400kg	Grades 7
1500kg	Grades 8 & 9
2000kg	Grade 10 Girls & Boys, Grade 11 Girls
3000kg	Grade 11 Boys, Grade 12 Girls & Boys
4000kg	Grade 13 & 14 Girls
5000kg	Grade 13 Boys, Grade 14 Boys

NOTE: FOR DETAILED RULES OF COMPETITION REFER TO NZCAA SHOT PUT SHEET

HINTS ON ORGANISING THE SHOT PUT

- Arrange competitors in throwing order.
- Allow a practice throw if time permits.
- List names and explain rules if necessary.
- Specify the number of throws (generally 3).
- Record all throws.

Shot Put (Standing)

1 The shot put in the simple standing form provides most young athletes with an event they can succeed in. Tucking the shot under and to the side of the chin, supports it and ensures that the hand does not fall back behind the ear which causes throwing to occur and the athlete to be fouled.

2 From the position shown in drawing one, the body is moved square to the direction of putting. This leaves the hand directly behind the shot, allowing for a pushing motion to take place. The head only requires slight movement away from the shot to allow the hand to follow through cleanly.

3 The shot is pushed upward at an angle of about 30 degrees. At the same time the body weight is shifted from the back leg to the front leg. Care must be taken not to swing the back leg over the top of the stop board. This is avoided by landing on this rear leg brought forward.


Shot Put (Turn)

1 The purpose of the half turn is to provide added speed to the shot on its forward and upward flight. The position taken is the reverse of the direction to put the shot. The bend forward is to help speed and also to set the shot on the correct flight path from the start.


2 A complete hop is made across the ring. The body tends to become more upright as this takes place. The free leg which has been used like a pendulum is directed towards the front of the ring and to the stop board.

3 The hop can be difficult to achieve. Since it brings the athlete to a position the same as the commencement of the simple standing throw, thought should be given to the method to be used. The development of speed is greatest if the actual turn of the body and launching of the shot can be withheld until the feet are in position and the hips moved forward.

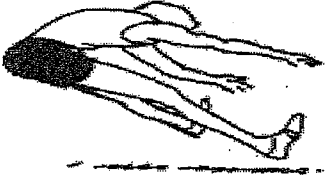
Long Jump



1



2



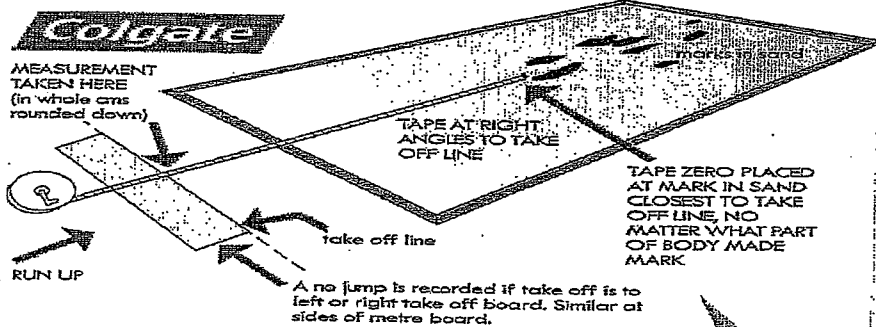
3

The long jump is a simple event in which all young athletes can achieve a degree of success. A fast run, a sharp, high lift of the free leg and drive from the take-off foot propels the body upward and forward from the metre square.

While in mid-air an upright body is maintained by continuing the running action or bringing the arms up above shoulder level if mid-air running proves difficult. Being upright assists landing by allowing the legs to come up for landing in the pit.

Landing in the sand pit can provide a gain in distance if the legs are pushed well out in front. The arms, head and body will have to follow the legs on hitting the sand to avoid sitting down in the sand and losing distance.

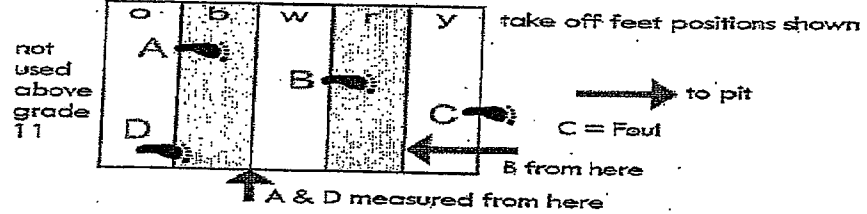
LONG JUMP



SAMPLE SCORE SHEET

A	204	205	X	200
B	X	X	162	165
C	200	210	199	15
D	185	192	1.73	300

METRE BOARD



NOTE: FOR DETAILED RULES OF COMPETITION REFER TO NZCAA LONG JUMP SHEET

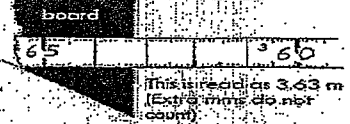


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NO JUMPS or FAILS

1. Feet in front of line at take off.
2. Walking back through the pit after the jump. When the first contact with ground outside pit is closer to the take off line than the closest break in the sand.
3. Somersaulting.
4. Landing on, or touching ground outside pit and closer to take off line than the mark in the pit.

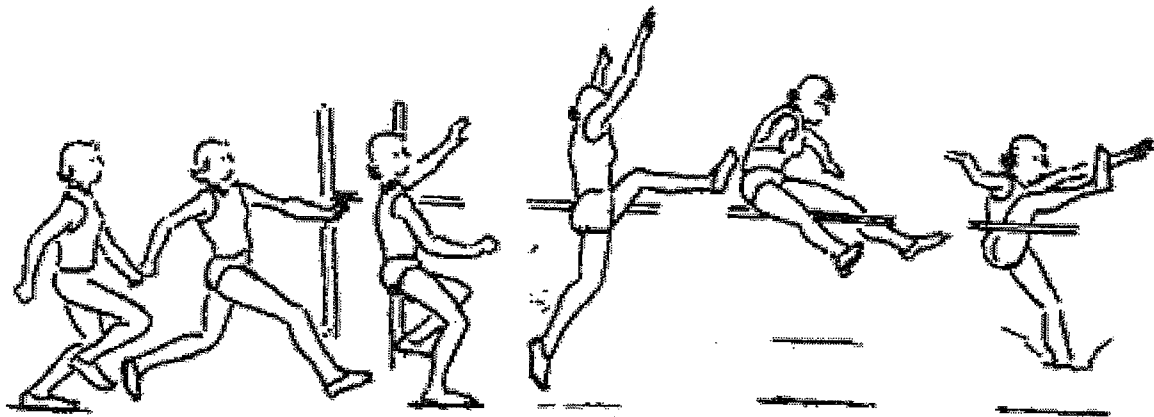
CORRECT READING OF TAPE



HINTS ON ORGANISING THE LONG JUMP

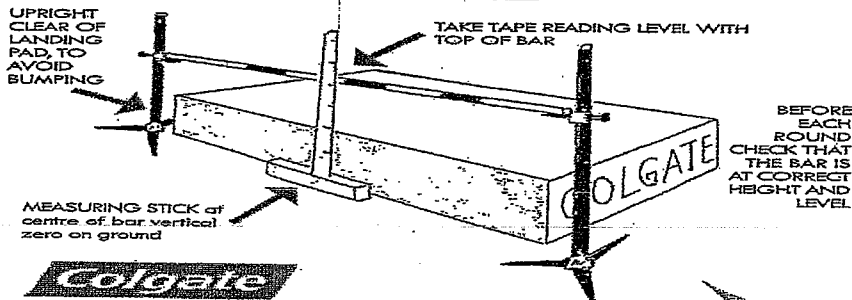
- Arrange competitors in order
- Allow a practice jump if there is time
- Specify number of jumps (usually 3)
- Record all jumps - in a tie, the next best jump counts and so on

High Jump (scissors style)



Jumpers take off on the outside foot and clear the bar in a sitting position. Take off should be about one arms-length from the bar. The inside leg must swing up vigorously, with the body tall throughout. Take off must be vertical and not along or into the bar. The last two strides should be fast.

HIGH JUMP



SAMPLE SCORE SHEET

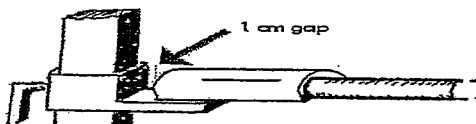
	1.10	1.15	1.20	1.23	1.26	1.29
W	0	0	OX	XXX		
X	XO	XXO	0	XO	XO	XXX
Y	0	XO	XXO	XXO	XXX	
Z	0	0	XXO	XO	XXO	XXX

X WINS - lowest number of attempts at the winning height
 O = Clearance
 X = Failure

FAILURES

- Knocking bar off, even if a landing is made before the bar falls
- Two-foot take off
- Touching ground or apparatus beyond plane of uprights before jumping

CORRECT SETTING OF CROSSBAR



NOTE: FOR DETAILED RULES OF COMPETITION REFER TO NZCAA HIGH JUMP SHEET



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COUNT BACK RULES

1. The winner is the competitor with the lowest number of jumps at the winning height.
2. If a tie remains the winner is the competitor with the lowest number of failures throughout the event, including the last height cleared.
3. If a tie still remains (for first place only) jump off as follows:
 - (a) one jump each, at the next height above the last height cleared.
 - (b) If still tying, the bar shall be raised or lowered 2cm as appropriate and each competitor may attempt one jump at each height.

HINTS ON ORGANISING THE HIGH JUMP

- Enter names on result sheet in jumping order
- Allow practice jumps at a height below the starting level
- Announce the starting height and subsequent lifts
- Measure new heights at the start of each round
- Each competitor gets up to three attempts at each height
- A jumper is eliminated after three consecutive failures no matter at which height

Starting

Crouch Start Blocks

1. Front block $1\frac{1}{2}$ foot lengths behind the start line.
2. Rear block 1 foot length further back with angle of blocks as low as possible.
3. Blocks placed in middle of lane on straight.
4. Crouch position on blocks "on your mark" with fingers behind line.
5. On "set" raise hips at least level with shoulders. Right angle bend in the front leg. Focus on gun.
6. Drive out, stay low, raise vision gradually.

Starting

Standing Start No Blocks

1. For "on your mark", one foot comfortably in front, toes behind start line.
2. Arms opposite position to legs.
3. On "set" keep feet stationary, bend knees slightly, focus on gun.
4. Drive arms and legs vigorously when starting to run.

Discus

1. Discus rests in first crease of fingers.
2. Face side of circle, standing one step back from front of circle.
3. Swing discus from a high point back once, step forward, release high.
4. Rotate hips, retard the arm.
5. Swing discus forward and release it out of front of hand off index finger.

Throwing Fundamentals

Distance depends on:

4. Angle of release of implement.
5. Height of release of implement.
6. Speed of release of implement.

Keep these fundamentals in mind when devising activities and giving coaching advice.

Shot Put

1. Cradle shot in ball of hand near fingers.
2. Stand side on in circle at centre of sector.
3. Lock wrist, shot tight against neck.
4. Elbow out and up.
5. Place weight on bent rear leg.
6. Push with legs, twist trunk forward, reach high and extend arm when releasing the shot.

Throwing Fundamentals

Distance depends on:

1. Angle of release of implement.
2. Height of release of implement.
3. Speed of release of implement.

Keep these fundamentals in mind when devising activities and giving coaching advice.

High Jump

1. Use 5 to 8 step run-up.
2. Take off from outside leg.
3. Choose side athlete runs from accordingly.
4. Use straight line run-up.
5. Drive arms and inside leg vigorously upwards.
6. Cross bar with scissors technique and land on feet.

High Jump

1. When scissors mastered, may move to back lay-out over bar.
2. Progression from this is flop (back lay-out and twist).
3. Flop requires curved run-up.
4. Before moving to flop, scissors and vertical jump must be mastered.

Long Jump

1. Run-up is age + 2 steps.
2. Run flat out and accelerate through take-off board.
3. Aim for white take-off board.
4. Drive bent free leg up vigorously, vision straight ahead.
5. Extend feet out in front.
6. Land on 2 feet, bend knees and fall forward.

Long Jump

Run-up is at least half of the event.

It must:

- Be relaxed
- To have high knee lift
- Have bouncy strides
- Be at full speed
- Have vision straight ahead
- Have an erect trunk

Running

1. Posture is vital.
2. When accelerating, bend forward and drive back leg.
3. Fast arms give fast legs.
4. When sprinting keep on toes and run tall when sprinting.
5. When distance running, use flat foot plant but stay light.
6. Trunk and arms in comfortable balance and even rhythm.
7. Stay relaxed.

Running

Some drills for running posture:

1. Skipping with high knees x20 steps.
2. Skipping with back leg drive x20 steps.
3. "Machine guns" running x20 metres.
4. Rhythmical arm swings, standing "chin to seam of trousers" x30.
5. Easy run-throughs, running tall, chest high, hips forward.
6. Running on spot (5 metres) opening out to full stride (25 metres).

Crouch Start

When doing a crouch start: -

"On your marks"

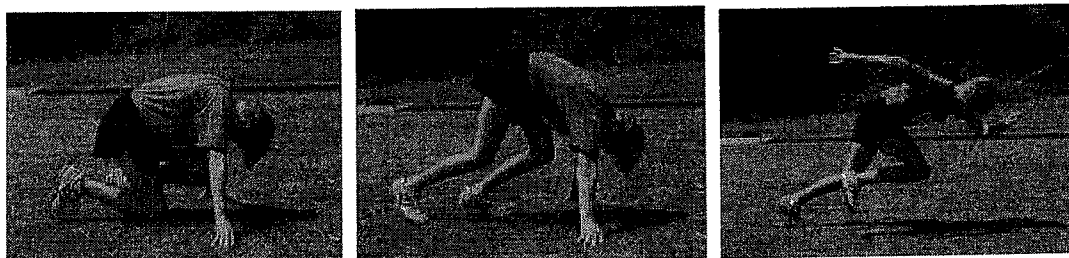
- Place your front foot a forearm's length behind the start line
- Place the knee of your back leg on the ground level with your front foot
- Place your hands shoulder-width apart - behind, not on the line.

"Set"

- Raise your hips slightly higher than your shoulders
- Make sure that both your legs remain bent (front leg at about 90 degrees; back leg at about 120 degrees)

"Go"

- Drive your back leg forward
- Swing your arms hard



Standing Start

When doing a standing start: -

"On your marks"

- Place one foot forward - behind, not on the line - pointed directly down the track
- Place your other foot back (about one foot space) pointed directly down the track; lift your heel
- Your feet should be about shoulder-width apart

"Set"

- Bend forward at the hips and knees
- Your opposite arm and leg should be forward
- Look at the ground, about one metre in front of your feet

"Go"

- Drive your arms and legs forward
- Step through with the back foot first.

